

## **Tips for Dealing with Bed Wetting**

Accidents happen. Even children who are fully toilet trained will have accidents sometimes, especially at night. For some children, those night time accidents are more frequent. Bedwetting is a common problem among children, usually between the ages of five and seven, and most children typically outgrow the problem as they get older. That's the good news. Children who wet the bed do own. Yet, many children still deal with issues of shame, embarrassment and anxiety, keeping their bedwetting a secret from their friends and others outside of their immediate family. The anxiety and embarrassment can sometimes be so overwhelming that children refuse to go to sleepovers at friends, to summer camp, or even to stay at a family member's house. Understanding the common causes behind bedwetting and how to help your child deal with bedwetting can go a long way in easing both your child's anxiety and your stress.



### **Common Causes of Bedwetting**

*Genes.* Believe it or not, bedwetting is actually modeled/copied. Children, who have a parent who wet the bed as a child, run a much higher chance of bedwetting themselves. Sharing your stories of bedwetting can help reassure your child that wetting the bed is OK and he or she will eventually grow out of it.

*Neurological.* Many children who wet the bed do so because their bladders empty on reflex. In simpler terms, the child's brain hasn't developed fully yet where the brain sends signals to the bladder to hold the urine.

*Deep sleep.* Some children are such deep sleepers that even the urge to go to the toilet does not wake them up.

*Stress.* Stress can wreak havoc on the body. Your child may have had dry nights for months before all of a sudden starting to wet the bed. Maybe you recently moved, had a new baby, or your child started a new school. Stress can also be a trigger of bedwetting.

*Fewer hormones.* Medical researchers have recently discovered that children with bedwetting problems typically make less of the antidiuretic hormone (ADH), which generally slows down the urine that is produced at night while they are sleeping.



according to the Royal Children's Hospital of Melbourne. Children with a low level of ADH make too much urine for their bladders to hold at night, resulting in bedwetting.

**Communication.** You may be surprised at how wording and suggestions actually form patterns in kids' thinking processes. A few simple changes in wording can make all the difference in communication.

The [free 'Success Pack'](#) available on this website has a free 'Communication for Kids' report and that alone is priceless in learning the simple changes you can make that will assist in bedwetting using your words.

### **How to Cope with Bedwetting**

Children typically outgrow bedwetting with time, it's what you do during the time that the bedwetting is happening that makes a big difference. Facing it head on and being proactive can make the situation much easier for your child.

Drink less before bed. Children often have bedtime snacks. To avoid a nighttimes accident, limit how much you give your child to drink before bed and cut out the caffeine if at all possible. Caffeine creates more urine.

Use a waterproof mattress cover. A middle of the night accident can result in a stressful scenario of hurriedly changing clothes and sheets. Use a waterproof mattress cover to protect the mattress and a pad that will absorb urine on top of the sheets.

Wear pull-ups. Pull-ups can protect your child's bed and create less stress if he has an accident.

Go before bed. Teach your child to get into the habit of going to the toilet before going to bed.

Go high tech. Some parents opt to set the alarm clock halfway through the night to wake up their child for a trip to the toilet. But, the alarm system has also gone high tech. Bedwetting alarm systems have become more popular and work fairly simply: Your child attaches an alarm to his underwear. When your child first starts to urinate,





the alarm will go off alerting both the child and those nearby. Alarms often use noise and vibrations to wake up the child.

The bedwetting alarm is designed to teach children to go to the toilet before the alarm goes off and can be an effective way to curb bedwetting.

These are some of the commonly used techniques and all of these actually add to the issue that the child is already experiencing. If you put 'pull-ups' you are in fact mentally saying we don't trust you to be dry... therefore they will be wet! Again all these ideas are planning around the issue not dealing with it.

Imagine reading a story as the child slips off to sleep and the next morning they are dry. [The Slippery Slide](#) story takes your child zooming down a slippery slide with the result of waking up refreshed and dry the next morning.

Many kids create the issues in their own mind and hence, can also destroy them in their own mind.

If this interests you, then you should see what else is possible with the other 20 stories to help deal with childhood issues.

### About the Author

My name is Stuart Walter and I am a professionally trained Clinical Hypnotherapist, I specialise in elite sports and business performance. I work with people to maximise performance, attitude and results. My clients include State, National, Commonwealth and World Champions, within the walls of my professional offices in Brisbane, Australia, many lives have been transformed forever.



However, it is as a father that I continue to experience the greatest pleasure in seeing the enormous growth and development that occurs when children are provided with the opportunity to release the endless potential and abilities that lie within. Having been around Hypnotherapy and natural therapies all of my life (both my parents were practitioners), I know the abilities we all have within us.





As a parent myself, I marvel each and every day at the growth and development of my own son as he learns, lives, explores and evolves. He makes me laugh, he makes me cry and leaves me speechless with his antics, knowledge and ability to live and learn.

Creating champions is in my blood and I am pleased to be able to share my passion and abilities with you in creating the path in life for your own little champions.

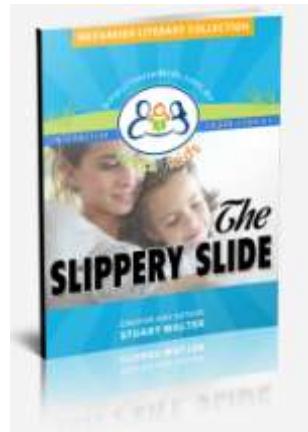
### *Stuart Walter*

Stuart Walter  
Creator of Meta4Kids.

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"THE SLIPPERY SLIDE"

BEDWETTING



Just imagine sharing a story about going on the slippery slide. The following morning your child wakes dry! This is the incredible power of the meta4kids stories. This is the story with the quickest and most measurable impact.



<http://meta4kids.com.au>

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